

## Girls on the Run Media Monitoring Feb. 28 – Mar. 6, 2009

### 1) DAY CAMPS

2 March 2009

[Asheville Citizen-Times](#)

CAMP GUIDE 2009

...Carolina Day School, June 15-July 31

Carolina Day School offers Summer Quest, Summer Explorations (for middle schoolers) and summer workshops (for high schoolers). Summer Quest campers can choose from more than 50 options including science, cooking, rocket making, hiking and creek adventures, soccer, dance, disc golf, fashion, candlemaking and more. Summer Explorations offer a unique study into a particular subject, such as photography or one based on the **Girls on the Run** program. And high-school workshops are intensive experiences in leadership, drama or aeronautical engineering. Costs start at \$150, and early morning and afternoon options are available. Registration discount before April 10. Contact Libby Roland at [Iroland@cdschool.org](mailto:Iroland@cdschool.org) or 274-0758, ext. 305, or visit/download a brochure from [www.cdschool.org](http://www.cdschool.org).

### 2) Mad Rollin' Dolls talk charity, and strap in for third bout of 2009 season

Melissa Faliveno

March 5, 2009

[TheDailyPage.com: http://www.thedailypage.com/daily/article.php?article=25289](http://www.thedailypage.com/daily/article.php?article=25289)

Last Sunday, I had the chance to do something I don't do nearly enough these days: go bowling. And, really, the only thing that's better than a few games of bowling over a few towering glasses of beer is getting to do it all for charity.

It was the eighth annual "Bowlin' for Colons" benefit, and I was at Bowl-A-Vard on Madison's east side, along with a smattering of other skaters and staff, to represent the [Mad Rollin' Dolls](#). Under clever team names like "The Unholy Bowlers" and "The Mad Rollin' Balls," we got our fill of through-the-legs tosses, fried cheese and Spotted Cow, and our entrance fees were donated to the University of Wisconsin Carbone Cancer Center, who put on the event.

This is just one example of the many charitable events in which the Mad Rollin' Dolls take part every year. Amidst all the training and production involved in running a do-it-yourself organization, some people might not know that a huge part of the league's mission statement is the work it does within the community.

Every year, the Dolls help out with a bevy of charitable events -- they took part in over 30 in 2008 alone -- and, in the spirit of the sport, they like to keep it interesting. Some of the more regular gigs include picking up trash along Highway 51 all summer long for [Adopt-a-Highway](#), diving half-naked into Lake Monona in February for the Special Olympics Wisconsin [Madison Polar Plunge](#), handing out water and pledging bikers during the [ACT Ride](#), rolling around Olin-Turnville for the [NAMI Walk](#), and donning facial hair for [Mustaches for Kids](#). Some of their newer endeavors have included volunteering for [Girls on the Run](#), painting houses for [Project Home](#), and working pledge drives for [WORT](#), to name a few.

In addition to participating in community events, the Dolls donate to dozens of local charitable organizations. A portion of every bout's proceeds is donated to a local charity, during both the home and summer seasons. The events and charities are researched, evaluated, and planned by the league's

Community Outreach & Charity committee and taken to the league for a vote at the beginning of every season.

...To read more, visit <http://www.thedailypage.com/daily/article.php?article=25289>.

### **3) Calling All Girls!**

March 5, 2009

Contributed by: Paul LeVasseur

iPutney.com: <http://www.iputney.com/article.php?story=20090305173714534>

(From the PCS e-newsletter)

The 2009 Women's Film Festival is calling all girls to a special screening of the film "Kick Like a Girl". It tells the story of The Mighty Cheetahs, an undefeated girls' soccer team that competes in the boys' division.

The movie will be screened on Saturday, March 21st at 1:00 at Hooker Dunham Theater on Main Street in Brattleboro. After the film, the director of Girls on the Run of Vermont will talk about the program and lead a group activity from the curriculum. This will be informative and fun for people of all ages.

### **4) Events of Interest (Boise Area)**

March 4, 2009

Home School Idaho Blog: <http://homeschoolidaho.blogspot.com/2009/03/events-of-interest-boise-area.html>

...**GIRLS ON THE RUN** Spring Session - March 2 - May 14 Girls on the Run is an after-school program for 3rd, 4th, and 5th grade girls that combines physical activity, adult mentors, and a curriculum that has been proven to improve participants self-esteem and body image. Through a ten-week program, the goal is to empower all girls to: Have a strong sense of identity. Give and receive support from a group. Stand up for themselves in a healthy manner. Have a healthy body image. Understand the importance of their community. Complete a 5k run/walk event. The program is offered in schools and fitness centers in Boise, Meridian, Eagle, Nampa, and Caldwell. For more information, spring sites, and registration visit, [www.gotr.org](http://www.gotr.org), 388-4687.

### **5) Girls On The Run Rocks!**

March 3, 2009

A Running Mom Blog: <http://www.arunningmom.com/archives/192>

Once in a while we get the chance to really touch another person in a very positive way. I'll always cherish my experience of helping to coach for Girls On The Run ([girlsontherun.org](http://girlsontherun.org)). This organization is simply wonderful. It does this magic trick with girls who aren't necessarily destined to go to the Olympics running. It takes these ordinary girls, prepares them to run a 5K, and sneaks in a bunch of tiny lessons in the training sessions. The girls may not realize it, but they learn a lot more than they sign up to learn. And bonus, they compete in a 5K race at the end of the program! It's simply wonderful.

When I helped coach, there was a little girl with a ton of running potential. But she was not a part of a bigger group of girls, like many of the other girls that year. So when she came to practice, she ran alone. She made a friend or two but didn't really bond with them right away. Soon I found her running with me. At first I felt a bit concerned. But after a couple of weeks, I realized that her home life didn't offer her many

opportunities to have one-on-one time with an adult. So for her, it might be special to have me focussing all of my attention on her. I ran with all of the girls, of course. But I will say, I paid special attention to her. Let's call her Addy.

As the final weeks went by, Addy's running ability began to shine. She had a natural gait; a relaxed stride; long legs. Running came to her so naturally and easily, that soon she began to really outrun the other girls. But then she'd stop. So I'd catch her. I'd ask her what's up? And then she started to smart talk. It took me by surprise.

Another week went by and I couldn't figure out what was going on. I tried to hang near her and the other girls to figure it out, but nothing made sense. All of a sudden, this little girl who I thought I was really "reaching" was lashing out at me! Whaddup with that?

The second day of that next week, I caught the end of a conversation with Addy and another girl about a few things unrelated to running and I heard the kernal of truth: Addy wasn't doing well in school. She was struggling. Her parents weren't always their on time to pick her up. And the kids were teasing her. It made me absolutely crazy.

So, I started running with Addy again, but stayed with her longer. She made a few wise cracks, but I pretended to miss them. The other girls didn't like how I focussed so much time with her. I still ran with everyone, but I purposefully tried to focus on Addy. And they could tell. I started to think hard about how I spoke to all of the girls to make sure they didn't get angry with Addy. But I also wanted to keep Addy running. I wanted her to pass all of those other girls.

I stuck with Addy during some critical laps where she wanted to walk. I walked with her. She would regain her breath and I'd suggest we pass one of the girls in sight. And so we did. I laughed when she said that it wasn't helping her to stop so much. I knew she was right, but didn't expect her to figure that out!

With race day, one week away, the girls ran the whole distance. Addy told me she was certain that she wouldn't make it. I told her I knew she wouldn't make it if she kept thinking like that. And then I looked at her and reminded how hard she had worked. That this distance is actually the same distance that she ran the prior week. And that she was strong enough to make it. We smiled at each other. And she took off.

A couple of times I joined her to see if we could pass some of the other girls. She took off and left me in her dust! It was simply amazing to me. And yes, she beat that little tribe.

We never spoke about the details of the teasing or her home life or about any specific issues she felt she needed help in addressing. So I cannot say that our running together created a whole new chapter in her life.

But I can tell you that Addy gave me a huge hug at then end of the race. She said, with tears, that she really was going to miss me. And I said I'd miss her too. But I said, that both of us became stronger together and that I'd always remember that! And we laughed.

Girls On The Run Rocks! If you have a girl, or know one, check it out. She might just become a little stronger because of you!

May your next run be a good one.

Rebecca  
[girlsontherun.org](http://girlsontherun.org)

## 6) Interview by The Running Knitter

March 3, 2009

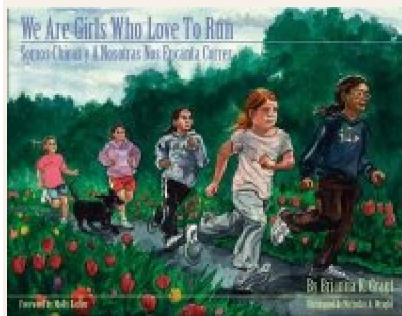
Balanced Step Blog: <http://balancedsteps.blogspot.com/2009/03/interview-by-running-knitter.html>

The Running Knitter sent along these five questions for me to complete as a fun little blog interview. Eileen posted her interview and I left her a comment letting her know I wanted to join in on the fun. She emailed me the questions so here are my answers. If you'd like to be interviewed, be sure to follow the directions at the end!

### 1. How did you come up with the idea to write your book "We are Girls Who Love To Run"?

I've known since I was a kid that I wanted to write books (the Young Author competition was the highlight of every year for me in elementary school!), so it was just a matter of time before I made it happen for real.

There wasn't much time to think about writing when I was teaching and getting my Master's (and marathon training!), so it had to wait until life settled a bit. When I finished school and then stepped away from teaching to have my own children, I had more time for brainstorming and word play. I also have a husband who has his own passion for writing, so he supported me as I ran after this dream (no pun intended).



I wrote several rough drafts of other stories about running, but none of them worked out to be just right for a first book. When I thought back to the inspiration [Girls on the Run](#) brought to my students who ran (and to me, second hand), I knew my first book needed to be a gift for girls who embrace running. Running didn't find me until I was 23, so We Are Girls Who Love to Run is my uplifting nudge for girls of all ages to see how welcoming the world of running is . . . as well as how the power of running spills into all areas of life. Hopefully it will encourage girls to give it a try earlier in life - and maybe even get their moms, aunts, sisters, cousins, neighbors interested in it, too. I believe it is important to pass the torch to others!

...To read more, visit <http://balancedsteps.blogspot.com/2009/03/interview-by-running-knitter.html>.

## 7) Girls on the Run

March 2, 2009

Fit to Wed Blog: <http://getfit2wed.blogspot.com/2009/03/girls-on-run.html>

**When:** Saturday, March 7th 8:30-9:00am

**Where:** Mission Bay- in between classes

**What:** Opportunity to meet Cathy Prestonise, the program director, to hear more about Girls on the Run and how you can get involved

Website: <http://www.gotrsd.org>



There are so many amazing female athletes and role models in class that would make amazing running buddies and coaches. Also, if you have pre-teen girls ages 8-13, Girls on the Run, it is an awesome

program to get them involved with. If you are interested in being a running buddy, running coach, or volunteering in any way join us this Saturday March 7th to hear more about this amazing program and how you can make a difference in these young girls lives.

What they are all about:

Girls on the Run© is a life-changing, experiential learning programs for girls age eight to thirteen years old. The programs combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the programs are to encourage positive emotional, social, mental, spiritual and physical development.

The Girls on the Run objective is to reduce the potential display of at-risk activities among its participants. The goal is fewer adolescent pregnancies and eating disorders, less depression and suicide attempts, as well as fewer substance/alcohol abuse problems and confrontations with the juvenile justice system.

### **8) Congratulations Carol!**

March 2, 2009

Tonia Takes On Blog: <http://toniabendickson.wordpress.com/2009/03/02/congratulations-carol/>

Crisis Assistance Ministry Executive Director Carol Hardison has been named 2008 Charlotte Woman of the Year.

The selection is timely with the economy taking such a tumble, and so many more of our neighbors depending on assistance.

As executive director, Carol managed the distribution of over \$7.5 million to emergency aid to prevent homelessness and loss of utilities for 14,800 families.

Carol is a friend to so many in need, and Charlotte is blessed by her leadership, grace, and wisdom.

Congratulations my friend!

Past winners have included Cathy Bessant of Bank of America, Molly Barker with **Girls on the Run International**, Emily Fairchild Zimmern, executive director of the Levine Museum of the New South, and Claire Kinnett Tate, director of Partners in Out-of-School Time.

### **9) Keeping kids moving: Girls on the Run; West Seattle Little League**

February 28, 2009

West Seattle Blog: <http://westseattleblog.com/blog/?p=14575>



Two updates today on programs to get kids moving - the first one is new to West Seattle, according to **Rebecca Evans**, who e-mailed us to announce:

Starting in mid-March, Hiawatha Community Center will be a program site for [Girls on the Run!](#)

This exciting, non-competitive program combines training for a 3.1 mile walking/running event with self-esteem enhancing, uplifting workouts. The goals of the program are to encourage positive emotional, social, mental and physical development for girls. The program is for 3rd through 5th grade girls of ALL fitness levels. The only requirement is to believe in GIRL POWER!

Where: Hiawatha Community Center - 2700 California Ave SW, Seattle, WA 98116

Dates: March 17th - June 7th, 2009 (New Balance Girls on the Run 5k)

Days: Tuesdays & Thursdays

Times: 3:15-4:45pm

Cost: Fees based on a sliding scale. [Click here to view the sliding scale.](#)

Registration deadline is this Friday; you can register online ([go here](#)), or by postal mail – [here's the form](#); send it to GOTRPS, 8757 15th Ave NW, Seattle 98117. You can also [find Girls on the Run on Facebook](#).

Meantime, we also have just received word of [West Seattle Little League](#) tryouts/drafts tomorrow:

\*\*\*TRY-OUTS AND DRAFT FOR MAJORS AND MINORS DIVISIONS THIS SUNDAY, MARCH 1ST AT BAR-S PLAYFIELD\*\*\*\*

MAJORS: 9:30 - 11:30 A.M. PLEASE ARRIVE NO LATER THAN 9:00 A.M. TO CHECK IN AND WARM UP.

MINORS: BECAUSE OF THE LARGE GROUP SIZE, WE WILL HAVE TWO SESSIONS BROKEN UP ALPHABETICALLY BY LAST NAME.

LAST NAME "A-K": 1:00 - 2:15 P.M. PLEASE ARRIVE NO LATER THAN 12:45 P.M.

LAST NAME "L-Z": 2:30 - 3:45 P.M. PLEASE ARRIVE NO LATER THAN 2:15 P.M.

PLEASE MAKE SURE YOUR BALL PLAYER IS PROPERLY DRESSED FOR THE WEATHER. ALL PLAYERS SHOULD WEAR THEIR GLOVE, CLEATS, HAT (AND PROTECTIVE CUP FOR BOYS)

## 10)Katie Visco's Run Across America

By Kelly Johnson

February 27, 2009

OregonLive.com: [http://blog.oregonlive.com/runoregon/2009/02/katie\\_viscos\\_run\\_across\\_america.html](http://blog.oregonlive.com/runoregon/2009/02/katie_viscos_run_across_america.html)

On March 29th Katie Visco, a 2007 graduate of my alma mater (Carleton College), will begin what she hopes is a nine-month solo run across the United States from Boston to San Diego. If successful, she will become the youngest woman ever to run solo from coast to coast.

But her main goals are to inspire others to pursue their own ambitions in whatever form they take and to raise money for [Girls on the Run](#), an organization very familiar and dear to my favorite RunOregon blogger. Her route will take her through several major cities, including New York, Cleveland, Chicago, and Phoenix. Wisely, she will be running far south of her old school in Northfield, Minnesota, avoiding the extremes the climate there can present.

Hearing about Katie's run reminded me of some other extended running adventures taken on by Carleton students. A couple house-mates of mine once ran home from Northfield to Chicago at the end of the term, staying in host houses and the occasional motel along the way. Since I remember seeing them at some point after that, I assume they survived. And right after finals my senior year, I ran a 24-hour track run with a teammate to raise money for the local food bank. There must be something in the water! (Actually, there was a *lot* in the Northfield water: various minerals that made it taste like stagnant runoff from the river Styx and left a chalky residue in the bottom of my cup. So be thankful for our Bull Run water!)

But I'm sure Katie will be properly fueled and well prepared for her journey, and it will be fun to track her progress. Donations can be made through her website and will be used for run expenses and Girls on the Run exclusively.